

**LOS ANGELES COUNTY  
PERINATAL MENTAL HEALTH TASK FORCE**  
*Bringing Light to Motherhood*  
**Maternal Mental Health  
Advanced Professional Training**

Monday and Tuesday, September 29-30, 2014  
8:30 a.m.-4:00 p.m.  
Taglyan Cultural Complex  
1201 Vine Street  
Los Angeles, California 90038

Registration includes:  
*Bringing Light to Motherhood* Toolkit  
Informational Handouts  
Breakfast and Lunch  
Continuing Education for LCSW, LMFT, LPCC, RN, MD  
and Psychologists  
(education sponsorship by PAC/LAC, Pepperdine University,  
and the LA County Department of Public Health)

## TRAINING OBJECTIVES

### AFTER TRAINING YOU WILL BE ABLE TO:

1. Understand and recognize symptoms of perinatal mood and anxiety disorders (PMADs)
2. Identify risk factors, co-morbid conditions and additional considerations
3. Successfully administer assessment and screening tools to pregnant and postpartum women
4. Learn basics of effective intervention
5. Identify resources for informed care

**LOS ANGELES COUNTY  
PERINATAL MENTAL HEALTH TASK FORCE  
TRAINING INSTITUTE FACULTY INCLUDES:**



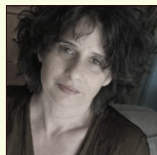
Diana Barnes, PsyD, LMFT  
*Training Institute Faculty*



Emily Dossett, MD  
*Medical Director*



Gabrielle Kaufman  
MA, LPCC, BC-DMT, NCC  
*Training Director*



Caron Post, PhD  
*Executive Director*

## WHAT DO WE COVER IN OUR TRAINING?

- Stepping into motherhood – why do we care about perinatal mood and anxiety disorders? Who is impacted?
- Myths, expectations of parenthood, and impact of stigma
- How do perinatal mood and anxiety disorders (PMADs) look, feel, sound?
- Inter-generational transmission of trauma
- Differential diagnoses
- Risk factors and co-morbid conditions
- Prevention methods
- Screening tools
- Cultural competencies
- Attachment theory and dyadic approaches
- Basics of treatment modalities
  - psychotherapy
  - depression self-care
  - medication management
  - adjunctive therapies
- Overcoming barriers to treatment
- Paternal depression and how to involve the family in treatment
- Caring for the care provider and preventing burnout
- Additional considerations:
  - Adoption
  - Fathers
  - Forensics
  - Home visitation
  - Infant mental health
  - Impact on couple
  - LGBTQI
  - Military Families
  - Suicidality

## CONFERENCE REGISTRATION

Monday and Tuesday, September 29-30, 2014

8:30 a.m.-4:00 p.m.

Register online at

[www.maternalmentalhealthla.org](http://www.maternalmentalhealthla.org)

Or mail this completed registration form to:

Gabrielle Kaufman, Training Director

P.O. Box 35324

Los Angeles, CA 90035

For assistance or information, please contact

[info@maternalmentalhealthla.org](mailto:info@maternalmentalhealthla.org)

### Registration Fees:

On or Before August 1, 2014.....\$275

After August 1, 2014.....\$295

\_\_\_\_\_  
Name

\_\_\_\_\_  
Certificate/Credential Title and License Number  
(eg., PhD, LCSW, other)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State, Zip

\_\_\_\_\_  
Daytime Phone/Evening Phone

\_\_\_\_\_  
E-mail Address

## PAYMENT METHOD

Circle One:

Check (Payable to Community Partners, please add  
LACPMHTF Conference in memo)

Credit Card:

MasterCard \_\_ Visa \_\_ Discover \_\_

American Express/Optima\_\_

\_\_\_\_\_  
Name (exactly as on card)

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiration Date

\_\_\_\_\_  
CCV Code

## DIRECTIONS & INFORMATION

For directions to the conference or lodging  
information, please visit our website at  
[www.maternalmentalhealthla.org](http://www.maternalmentalhealthla.org)

## FOR PHYSICIANS

For Physicians: This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Sponsorship of the Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) and the Los Angeles County Perinatal Mental Health Task Force. PAC/LAC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. PAC/LAC designates this education activity for a maximum of 10 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

## LOS ANGELES COUNTY PERINATAL MENTAL HEALTH TASK FORCE

The mission of the Los Angeles County Perinatal Mental Health Task Force is to remove barriers to the prevention, screening, and treatment of perinatal depression and related mood and anxiety disorders for women and their families throughout Los Angeles County. Through its programs and initiatives, the Task Force aims to: (1) Increase perinatal depression screening and referral rates among community and healthcare providers; (2) Raise public awareness of the disorder so that women who are suffering from maternal depression are not ashamed or embarrassed to seek help; and (3) Advocate for legislation that supports the identification and treatment of perinatal depression.

Founded in February 2007 by Kimberly Wong, following her personal experience with severe postpartum depression, the Task Force is a coalition composed of over 35 public and private non-profit agencies as well as community leaders, research partners and advocates for mothers, infants, and families. It also includes grassroots participation by survivors of maternal depression and family members. The Task Force is a project of Community Partners, which serves as its 501(c)3 fiscal sponsor.



## LOCATION INFORMATION

Taglyan Cultural Complex  
1201 Vine Street  
Los Angeles, California 90038  
(323) 978-0005